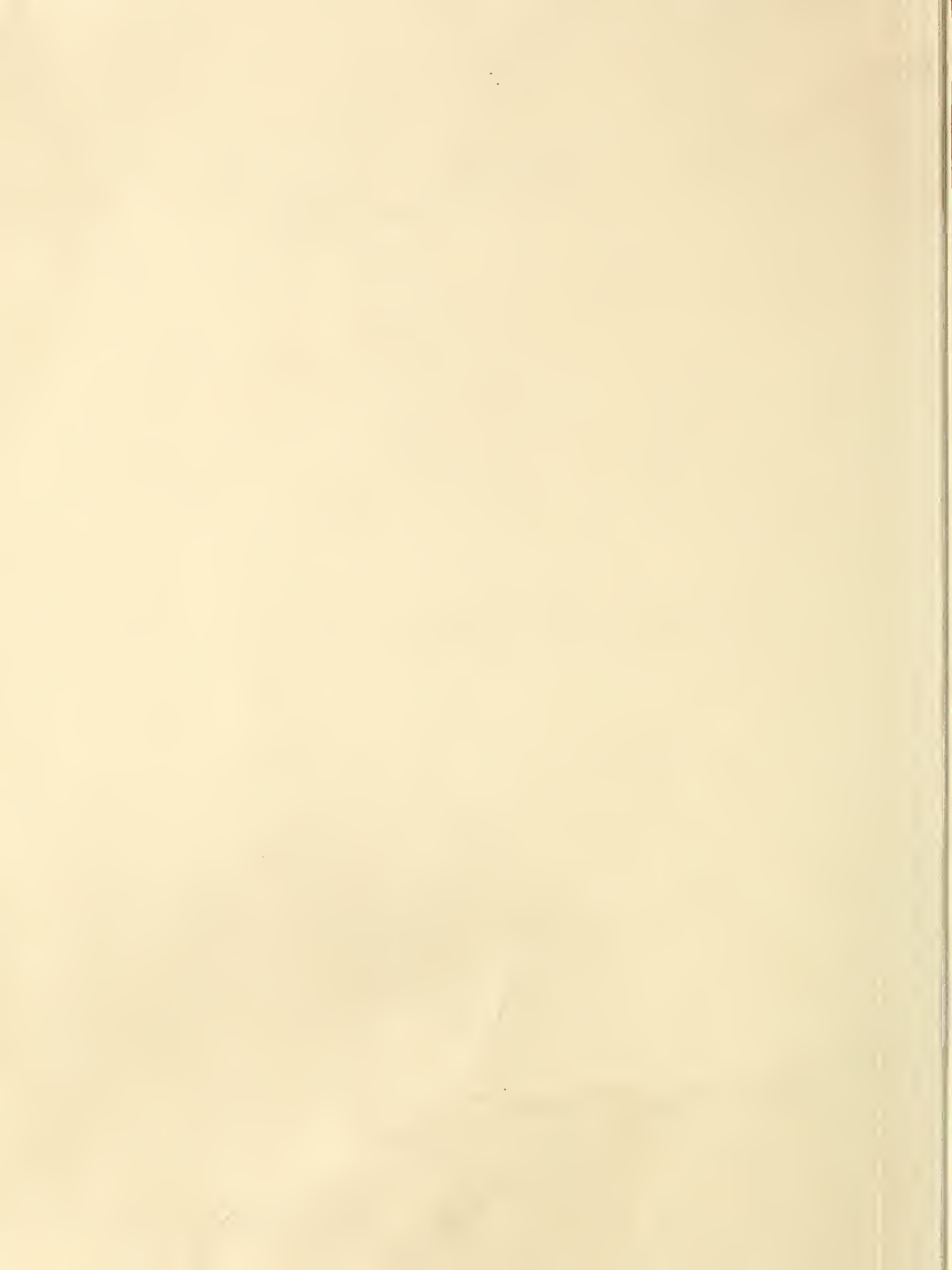


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# Nutri - Topics

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## Weight Control and Obesity

### Overview (in order by year)

*Workshop on Prevention and Treatment of Childhood Obesity, September 11-12, 1995.*  
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"Obesity." In: *Nutrition in Women's Health*. Debra A. Krummel and Penny M. Kris-Etherton (editors). Gaithersburg, MD: Aspen Publishers, Inc. 1996. pps. 323-373.

*Children and Teens in Weight Crisis*. Francie M. Berg. Hettinger, ND: Healthy Weight Journal. 1995. 35 pp.

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Part I-Regulation of Eating and Weight; Part II-Dieting and Body Image; Part VIII- Scope, Consequences, and Physiology of Obesity; and Part IX-Assessment and Treatment of Obesity." In: *Eating Disorders and Obesity: a Comprehensive Handbook*. Kelly D. Brownell and Christopher G. Fairburn (editors). New York: Guilford Press. 1995.

*Third Report on Nutrition Monitoring in the United States: Executive Summary*. Life Sciences Research Office, Federation of American Societies for Experimental Biology. Interagency Board for Nutrition Monitoring and Related Research. Washington, DC: Government Printing Office, 1995. 51 pp.

*Encyclopedia of Obesity and Eating Disorders*. Dana K. Cassell. New York: Facts On File. 1993. 400 pp.

*Obesity: Theory and Therapy*. Albert J. Stunkard and Thomas A. Wadden. New York: Raven Press. 1993. 377 pp.

"When your obese patient can't lose weight." Karen M. Neil and Robert F. Kushner. *Postgraduate Medicine*, 93(2):155-162, 168-169, 172. 1993.

## **Perceptions (in order by year)**

“The relationship between body weight concerns and adolescent smoking.” Diane E. Camp, Robert C. Klesges, and George Relyea. *Health Psychology*, 12(1):24-32. 1993.

“Adolescents' perceptions of relative weight and self-reported weight loss activities.” Michael Felts, et al. *Journal of School Health*, 62(8):372-376. 1992.

“A multivariate analysis of the attitudinal and perceptual determinants of completion of a weight-reduction program.” Charlotte A. Pratt, Clark Gaylord, and Gerald W. McLaughlin. *Journal of Nutrition Education*, 24(1):14-20. 1992.

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“Glycogen storage: illusions of easy weight loss, excessive weight regain, and distortions in estimates of body composition.” Stephen N. Kreitzman, Ann Y. Coxon, and Kalman F. Szaz. *American Journal of Clinical Nutrition*, 56(suppl 1):292S-293S. 1992.

“The problem of obesity: fundamental concepts of energy metabolism gone awry.” Judith G. Dausch. *Critical Reviews in Food Science and Nutrition*, 31(4):271-198. 1992.

## **Genetics and Environment (in order by year)**

“Comparisons for body mass index and body fat percent among Puerto Ricans, Blacks, Whites, and Asians living in New York City area.” Jack Wang, et al. *Obesity Research*, 4(4):377-384. July 1996.

“Differences in postpartum weight retention between black and white mothers.” Jennifer D. Parker and Barbara Abrams. *Obstetrics & Gynecology*, 81(5, pt. 1):768-774. 1993.

“Physical activity in children and youth: relationship to obesity.” Russell R. Pate. *Contemporary Nutrition*, 18(2):1-2. 1993.



“Models for dietary and weight change in African-American women: identifying cultural components.” Shiriki K. Kumanyika, Christiaan Morssink, and Tanya Agurs. *Ethnicity and Disease*, 2(2):166-75. Spring 1992.

### **Mortality and Morbidity** (in order by year)

*Health Risks of Weight Loss*. 3rd edition. Francie M. Berg. Hettinger, ND: Healthy Weight Journal. 1995. 157 pp.

“Beneficial health effects of modest weight loss.” David J. Goldstein. *International Journal of Obesity*, 16(6):397-415. 1992.

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### **Treatment Methods and Outcomes** (in order by year)

“Appetite-suppressant drugs and the risk of primary pulmonary hypertension.” Lucien Abenham, et al. *The New England Journal of Medicine*, 335(9):609-616. 1996.

“Is there a new weight paradigm?” E.L. Parham. *Nutrition Today*, 31:155-161. 1996.

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- "Evaluating success of weight loss programs with an application to fluoxetine weight reduction clinical trial data." Mary E. Sayler, et al. *International Journal of Obesity*, 18:742-751. 1995.
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- "Nursing guide to good nutrition & sensible weight control." *Nursing*, 23(5):67-69. 1993.
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- "Nutrition in the '90s: setting the table for the future." *The Bariatrician*, Summer 1993.
- "Obesity and the implications of weight loss (is there death after success?)." Gary R. Cutter. *Perspectives in Applied Nutrition*, 1(1):3-13. 1993.
- "A paradigm shift from weight loss to healthy living." Linda Omichinski. *Obesity and Health*, pps. 48-59. May/June 1993.
- "Strategies for improving maintenance of weight loss." Michael G. Perri, Samuel F. Sears, Jr., and Judith E. Clark. *Diabetes Care*, 16(1):200-209. 1993.
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- "Characteristics of controlled studies of patient education and counseling for prevention health behaviors" Denise G. Simons-Morton, et al. *Patient Education and Counseling*, 19(2):175-204. 1992.
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- “Obesity: a quartet of approaches.” C. Wayne Callaway, et al. *Patient Care*, 26(14):157-164, 171-172, 174, 183-184, 186-188, 190, 193-196, 199. 1992.
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- “A pilot weight control program for Hispanic women.” Suzanne B. Domel, et al. *Journal of The American Dietetic Association*, 92(10):1270-1271. 1992.
- “Undieting: a program of help people stop dieting.” Janet Policy and C. Peter Herman. *International Journal of Eating Disorders*, 11(3):262-268. 1992.
- “Weight control for black women.” Suzanne B. Domel, et al. *Journal of The American Dietetic Association*, 92(3):346-348. 1992.



“Weight loss, body composition and risk factors for cardiovascular disease in obese children: long-term effects of two treatment strategies.” Outi Nuutinen and Mikael Knip. *Journal of the American College Nutrition*, 11(6):707-714. 1992.

### **Periodical Series** (in alphabetical order by title)

*Healthy Weight Journal*. Healthy Living Institute, 402 S. 14th Street, Hettinger, ND 58639. (701) 567-2646; Fax (701) 567-2602.

*The Weight Control Digest*. American Health Publishing Company, P.O. Box 35328, Dept. 30, Dallas, TX 75235-0328. (800) 736-7323.

### **Weight Control Programs for Instructors** (in alphabetical order by title)

*The Balancing Act: Nutrition & Weight Guide*. Fourth Edition. Georgia G. Kostas. Dallas, TX: Balancing Act. 1996. 320 pp. (214) 239-7223.

*The Body Shop* (weight control program for children and teens). Farmington Hills, MI: American Institute for Preventive Medicine. 1996. 400 pp. Available from American Institute for Preventive Medicine, 30445 Northwestern Highway, Suite 350, Farmington Hills, MI 48334. (810) 539-1800.

*Healthy Heart Weight Management*. Nancy L. Schwartz. 1996. Available from Healthy Heart Weight Management, 5754 Merrill Mission Road, Papillion, NE 68133-2731. (402) 592-6860.

*HUGS Facilitator Kit: Anti-Diet Lifestyle Program*. HUGS for Better Health. Available from HUGS International Inc., Box 102A, RR#3, Portage la Prairie, MB, Canada R1N3A3. (204) 428-3432; Fax (204) 428-5072. E-mail: lomichin@portage.net

*Lightenup: an Adolescent Weight Management Curriculum*. Bethann Witcher. College Station, TX: Texas Agricultural Extension Service, Texas A & M University System, 1994. 164 pp.

*Mirror Mirror: a Resource Guide for Helping Adolescents Develop a Positive Body Image and Maintain a Healthy Weight*. Chicago, IL: Education Dept., National Live Stock & Meat Board, 1992. 1 resource packet, 4 pamphlets, and 9 duplicating masters. Available from Cattlemen's Association, 444 North Michigan Ave., Chicago, IL 60611. (312) 467-5520.

*My New Weigh of Life.* Madeleine Sigman-Grant. 1996. (Leader and Participant's Guides) 1 volume each. Available from College of Agricultural Sciences, 112 Ag. Admin. Building, The Pennsylvania State University, University Park, PA 16802. (814) 865-6713.

*Now That You've Lost It: How to Maintain Your Best Weight.* Joyce D. Nash. Palo Alto: Bull Pub. Co. 1992. 228 pp.

*SHAPEDOWN: Weight Management Program for Children and Adolescents.* Available from Distribution & Support, Balboa Publishing, 11 Library Place, San Anselmo, CA 94960. (415) 453-8886.

*Size Acceptance Packet.* Joanne P. Ikeda. Contains resources for assisting people with size acceptance. Available from Cooperative Extension, Nutritional Sciences, Morgan Hall, Room 9, University of California, Berkeley, CA 94720-3104. (510) 642-2790.

#### **Handouts** (in alphabetical order by organization)

Available from Agriculture and Natural Resources Publications, University of California, 6701 San Pablo Avenue, Oakland, CA 94608-1239. (510) 642-2790.

*Children and Weight: What's a Parent to Do? (Que Deben Hacer Los Padres De Los Ninos Que Pesan Mucho)* 1993.

*Food Choices for Good Health (Escoja Alimentos Sanos)* 1993.

*If My Child Is Too Fat, What Should I Do About It?* 1993.

Available from The American Dietetic Association, 216 West Jackson Blvd., Chicago, IL 60606-6995. (800) 877-1600, ext. 5000.

*Exchange Lists for Weight Management.* 1995.

*If Your Child Is Overweight: A Guide for Parents.* 1993.

*Managing Your Weight for Better Health.* 1993.

*Skim the Fat: A Practical and Up-to-Date Food Guide.* 1995.

Available from Food and Drug Administration, Office of Public Affairs, Public Health Service, Dept. of Health and Human Services, 5600 Fishers Lane, Rockville, MD 20857. (301) 443-3170.

*An FDA Guide to Dieting.* 1991.

Available from National Center for Nutrition and Dietetics, 216 W. Jackson Blvd., Chicago, IL 60606-6995. (800) 877-1600.

*Facts about Fat Substitutes. Nutrition Fact Sheet. 1995.*  
*Weight Loss Readiness Quiz. Nutrition Fact Sheet. 1995.*

Available from Nutrition Health Services, 9660 Hillcroft, Suite 325, Houston, TX 77096. (713) 721-7755.

*The Non Diet Approach...Made Easy* (reproducible masters for handouts). 1996.

Available from Health Promotion Resource Center, Stanford Center for Research in Disease Prevention, Stanford University School of Medicine, 100 Welch Road, Palo Alto, CA 94304-1885. (415) 723-0003.

*The Weight Kit: A Four-Step Guide to Losing Weight and Keeping It Off.* 1991.

#### **Audiovisuals** (in alphabetical order by title)

*The 7 Most Popular Weight Management Myths* (1993). Los Angeles, CA: National Health Video, Inc. (310) 268-2809. **Includes:** 10 min. (VHS) videocassette. **Content:** Discusses the most popular myths and truths about weight control. **Audience:** Consumers

*MVE-TV: the Channel for Moderation, Variety and Exercise* (1994). (800) 368-3136. Freeman Pictures. Chicago, IL: The Board. **Includes:** 10 min. (VHS) videocassette, 1 wall chart, 12 duplicating masters, 1 leader guide, and 1 evaluation form. **Content:** Designed to help students develop good eating habits. Provides an overview of essentials for a low-fat balanced diet. **Audience:** Teenagers

- Children and Weight: What's a Parent to Do?* (1993). University of California Cooperative Extension. Davis, CA: Cooperative Extension. Distributed by: Visual Media, UC Davis, CA 95616. (916) 668-8194. **Includes:** 12 min. (VHS) videocassette and 3 booklets. **Content:** Video offers sound advice and practical suggestions concerned about preventing or treating childhood obesity. The authors encourage unconditional love and acceptance of the child, as well as sensible eating and a physically active lifestyle. **Audience:** Health professionals and caregivers
- Chow!: a Nutrition Curriculum for Grades 7-12* (1995). Jennifer Douglas, Peggy Zamore, and Michael Jacobson. Washington, DC: Center for Science in the Public Interest. (202) 332-9110. **Includes:** 1 (VHS) videocassette, 1 curriculum, 1 teacher's guide, 1 teacher's survey, 1 activity booklet, and 1 Food Guide Pyramid model. **Content:** The activities in this curriculum provide useful nutrition information for students to base their food choices. They cover food advertising, weight control, and the relationship between food and the environment. **Audience:** Secondary school students
- Cut the Fat in Your Diet: Following the Food Guide Pyramid* (1994). Huntsville, TX: Educational Video Network. (409) 295-5767. **Includes:** 28 min. (VHS) videocassette and 1 study guide. **Content:** Explains the effects of dietary fats upon the body and gives practical tips on healthy eating and food preparation. **Audience:** Consumers
- Eat More, Weigh Less* (1993). Dr. Dean Ornish. New York, NY: Harper Audio. (212) 207-7000, (800) 242-7377. **Includes:** 90 min. sound cassette and 5 recipe cards. **Content:** Discusses how to lose weight safely while eating a lot of food. **Audience:** Consumers
- Healthy Eating for a Healthy Weight* (1995). Mosby Great Performance and the American Dietetic Association. Beaverton, OR: Mosby Great Performance. **Includes:** 9 min., 48 sec. (VHS) videocassette and 1 booklet. **Content:** Emphasizes nutritious eating style and regular activity versus diet to maintain a healthy weight. Discusses how to achieve best personal weight; how to determine what healthy weight is; what determines body shape; and how to develop healthy eating and exercise habits that will last a lifetime. **Audience:** Consumers
- Lifesteps: Weight Management* (1994). Rosemont, IL: National Dairy Council. Call your local Dairy Council. **Includes:** 2 (VHS) videocassettes, 1 leader's guide, 1 participant notebook, 128 cards, 17 duplicating masters, 1 poster, 4 booklets, 1 chart, and 1 pamphlet. **Content:** A program that helps participants develop new eating habits through behavior modification. **Audience:** Consumers



*Low Fat Express* (1995). Owatonna, MN: Pineapple Appeal. (800) 321-3041. **Includes:** 1 book, 1 cookbook, 1 leader's guide, 1 calendar, 2 tubes of fat, 1 deck of cards, 1 measuring spoon, 1 jar-opening aid, and 1 nutrition fact sheet. **Content:** This collection of nutrition education materials provides a variety of low-fat messages. **Audience:** Adults with low-literacy skills

*Managing Your Weight Without Dieting* (1993). John Caps. Pleasantville, NY: Human Relations Media. (800) 431-2050. **Includes:** 28 min., 14 sec. (VHS) videocassette and 1 teacher's guide. **Content:** Introduces students to misconceptions about dieting. Focuses on fast-food restaurants and importance of physical activity in a well-balanced weight management program. **Audience:** Teenagers

*New Lean Life Foods, 1995 Edition.* Eve Lowry and Nutrivisuals. Shingle Springs, CA: NutriVisuals. ((916)677-1969. **Includes:** 31 min. (VHS) videocassette. **Content:** Addresses the issue of too much fat in the American diet. Analyzes typical American meals and shows how to modify them to cut down on fats and calories. **Audience:** Consumers

*Weight: Maintaining a Healthy Balance* (1996). Evanston, IL: Altschul Group Corporation Educational Media. (800) 421-2363. **Includes:** 12 min. (VHS) videocassette. **Content:** Teaches viewers a variety of skills to help them control their weight. Shows ways to shop sensibly for low-fat foods, how to read labels, ways to cook light, tips on maintaining a desired weight, the importance of a healthy lifestyle, and the role of exercise in weight control. **Audience:** Consumers

*Weight Management: Steps for Lasting Success* (1994). Beaverton, OR: Mosby Great Performance. **Includes:** 11 min., 36 sec. (VHS) videocassette and 1 booklet. **Content:** Demonstrates weight management skills including: how to make personal choices that are right; what a healthy weight is; and what skills need to be mastered to achieve lasting weight control. **Audience:** Consumers

## Contacts for Assistance

### National Contacts:

The American Dietetic Association, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-4854. Web site: <http://www.eatright.org/>

Calorie Control Council, 5775 Peachtree-Dunwoody Road, Suite 500-G, Atlanta, GA 30342. (404) 252-3663.

Center for Child and Adolescent Obesity, Dept. of Family and Community Medicine, University of California, MU3 East, Box 0, San Francisco, CA 94143-0900. (415) 476-4138.

Cooperative Extension, Iowa State University, 103 Morrill, Ames, IA 50011. (515) 294-3178.  
Web site: <http://www.exnet.iastate.edu/Pages/pubs/Food.html>

Food and Nutrition Information Center, National Agricultural Library, Agricultural Research Service, United States Department of Agriculture, Room 304, 10301 Baltimore Ave., Beltsville, MD 20705-2351. (301) 504-5719. Web site: <http://www.nal.usda.gov/fnic>  
E-mail: [fnic@nal.usda.gov](mailto:fnic@nal.usda.gov)

National Council Against Health Fraud, P.O. Box 1276, Loma Linda, CA 92354.  
(909) 824-4690 (located in California) or (816) 228-4595 (located in Missouri).  
Web site: <http://www.primenet.com/~ncahf/>

National Health Information Center, ODPHP, P.O. Box 1133, Washington, DC 20013.  
(800) 336-4797. In Maryland (301) 565-4167. Web site: <http://nhic-nt.health.org/>

National Maternal and Child Health Clearinghouse, Health Resources and Services, Administration, 2070 Chain Bridge Road, Suite 450, Vienna, VA 22182-2536.  
(703) 821-8955 ext. 254.

Weight-Control Information Network, 1 WIN Way, Bethesda, MD 20892-3665.  
(301) 570-2177 or (800) 946-8098. Web site: <http://www.niddk.nih.gov>  
E-mail: [win@matthewsgroup.com](mailto:win@matthewsgroup.com)

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